

Glossop Triathlon Club & TOWS Annual Report 2017 – 2018

It's been an exciting year of growing both the Club & TOWS and we are now a fully accredited open water venue and a branded Club with logos, kit, hoodies and a web presence!

Membership

We started the year with 21 members (incl 3 concessions). During the year we have gained 12 new members and have lost several people to new adventures - here or overseas - or to life changes/injuries. As we enter the new Club year we have 28 members (including 4 junior/concession).

TOWS has been a considerable success and has seen 2018's seasonal membership boosted to over 280 people including up to 10 junior swimmers.

Finances

Due to the continuing success of TOWS the Club's Finances enter the new year with a very healthy balance sheet. Investment this year has included staff development & training courses along with equipment including the Defibrillator for TOWS to be based at the Sailing Club. A full financial breakdown is included at the end of the report sent to members.



Club Development, Achievements & Events

Club Profile The Club has continued to develop their media presence and profile over the year and there are now logos for both enterprises (Tri Club - Nikki & TOWS - Andrew last year), Club kit design (Rhiannon & Nick) and hoodies (Rhiannon).



Rhiannon Diva Devas



Suzie in TOWS 'loungewear'

The web site is now up and running in our Club colours (Teresa) and is regularly updated. The Facebook page is the main focus of day-to-day communication and will be joined next year by a dedicated TOWS page.



TOWS Accreditation The TOWS sub-committee (Jo, Eric, Teresa, Suzie with support from Rhiannon) has worked hard to achieve SH₂OUT open water venue accreditation and Toddbrook is now only one of 5 sites to have gone through this process and we now have our own Defibrillator, along with about 30 other safety volunteers. We now also have the offer a power safety boat which will be used in 2019.

Juniors & Safeguarding Charmayne as Welfare Officer has been getting the Club coaches DBS certified and is working towards our Bronze Tri Mark to allow us to develop a bigger Youth Section.

Training Funding has been provided by the Club to enable Jo & Charmayne to train as BTF coaches (Level 1), which will increase the Club's coaching capacity. On the back of SH₂OUT the Club now has 5 OWLS (Open Water Life Savers – RLSS)

Events The Club are still hoping to develop more events and in November 2017 ran a night swim at TOWS as a charity event, raising over £1000 towards Park Lane Special School's hydrotherapy pool. TOWS was also scheduled to run introductions to open water with the Big Shakeout, but blue green algae meant this had to be cancelled.



Toddbrook Night swim (photo credit - Ian Murren)

Training Sessions & Coaching

Sarah has ably taken on a wider role as Coaches Coordinator (to be confirmed at the AGM) after Gavin briefly took the role as Head Coach, but had to step down when it became apparent his new job and the voluntary coordination for the Club were not compatible. Sarah is now developing the new winter program and supporting Charmayne & Jo on their journey and assisting Rhiannon (now APPI qualified) to also provide an offer for Club members.

The swim sessions both pool and TOWS open water continue to be very popular with attendance regularly hitting 16 at the pool and with maximum numbers of 83 at one session of TOWS (ave 40)! The change in 2018 to free entry to TOWS for Glossop Tri members has seen very regular attendance by the Club at TOWS and also for safety volunteering. TOWS also saw a good cohort of Stockport TriMasters – including the celebrity appearance by Rebecca Adlington. Next year it is hoped to run an aquathon at TOWS and another charity event.

The winter turbo sessions run by Gavin were well attended with regularly between 7 – 9 turn out to the 'pain cave' rocking to 80's tunes. Anthony's core session at PFP had a smaller attendance and was hampered by the bad weather after Christmas. Rhiannon ran a 6-week course of Pilates to a small group of members as part of her training for APPI.



Al shivering on the 1st TOWS swim



The pain cave turbo sessions plus rock music

Glossopdale Harriers' Tuesday run training sessions are still being offered to members with a core group attending. Charmayne has developed her role with GDH and has activated their sessions when cover has been needed.

Winter Program The Club members have been consulted on what they wish to see in their training and new developments and the winter program may include a Glossop Tri Club Strava page, new Thursday lane swimming and the return of turbo combined with a mixed Pilates/core session.

It is hoped to continue to support High Peak's winter local duathlon series, as well as helping out on their other events, which will increase the cross working between the two club.

Individual Achievements

There was a great showing this year of the new Club colours and some outstanding personal achievements. Ones that we know of include: -

Some new - and not so new - members undertook their first triathlons with Jake our new Youth member doing very well in not only one but 3 events. Becca and Alabama also did their first tris.



Jake crossing the line at the Isle of Man Triathlon
One of the 3 he entered in his first season!

New distances were achieved by Charmayne (and others) who entered half IronMan distance, with Mike & Gavin the full IronMan, although it was not Gavin's first. Al and Steve did the 3 Always Aim Higher Savage events (Slateman, Snowman & Sandman) with a sprint on one followed by the full on the second day, achieving 9th and 11th place across the whole series.

Other Club member activities included a small cohort of swimmers (Rhiannon, Nikki, Teresa & Suzie) entering the washing machine of the Buttermere 5k and 10k open water swim. Lyn continued her epic

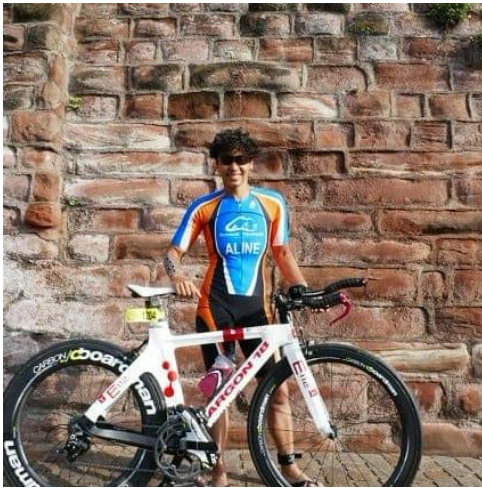


challenge of half marathons over the year, whilst chucking in a few full ones for good measure! Charmayne continues her dual personality and could be seen in GDH colours representing them on the fell or trail. A group of the 'lads' went over the hill to Lancashire for a cycle sportive too.

Left Charmayne moonlighting with GDH at Macc half marathon! **Right** Lyn stocking up after another half marathon



Injury and personal circumstances have meant that some people have not been able to achieve their goals with Ian missing out on his first Triathlon and Dan's campaign for the World Series being cut short. Whilst achieving good performances on full distances, Aline had to abandon Club coaching and IronMan training for the time being, but she will continue to be our Club ambassador in France! Here's hoping that the 2019 will see them all in fine fettle and able to grow in their chosen areas.



Aline – Chester Tri,



Marie - Fell Foot 1.5km



Andrew - Edge Hill Tri

There has been a mix of social outings with a joint (GTC & GDH) trip to the velodrome, adventures in outdoor swimming at Swineshore Reser & Gaddings Dam, general get togethers for rides out either on or off road, as well as rider prep for the women's Diva Devas. It is hoped that this element of Club activity will gather momentum over the next year.



Joint GTC & GDH trip to velodrome – December 2017
(l to r) GDH (John & Frank), Al, Nick, Marie, Teresa, Jo, Gavin, Charmayne, Mike, Andrew, GDH (Jo Brack & partner)
(Photo courtesy of Mike's brother!)



The women's team at Diva Devas Sprint Tri (l to r): -
Marie, Charmayne, Lyn, Teresa, Rhiannon & Becca

Thanks to all Club Members for their support in 2018 – here's to moving onwards and upwards!

Club Executive - October 2018